

Useful during the Adverse times and at other times too

First-aid Training (Part 1)

Examining the victim, saving the critical victim's life
and first-aid on ailments associated with shock

(English)

Compiler

Dr (Mrs) Sadhana Onkar Jarali

(E.N.T. Surgeon)



Sanatan Sanstha

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Introduction to the Compiler of this Text

Dr (Mrs) Sadhana Onkar Jarali



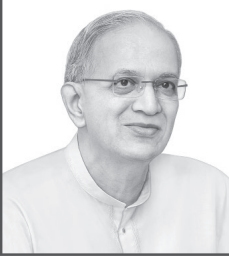
Dr (Mrs) Sadhana Jarali, an Ear, Nose and Throat (ENT) Surgeon, who has a private practice in Chiplun (Ratnagiri District). Since 2002, she has been actively performing spiritual practice under the guidance of Sanatan Sanstha. Currently, she is the Coordinator of Hindu Janajagruiti Samiti's 'First-Aid Training' activity and works as a First-Aid Training promoter.

Clarification on prefixing a title to Paratpar Guru (Dr) Athavale's Name

Great Maharshis have written the future in the Jeevanadipattis thousands of years ago. Saptarshis guide Sanatan Sanstha through the medium of Jeevanadipatti Readings. As per the instructions of Saptarshis through the medium of Saptarshi Jeevanadipatti on 13.7.2022, the title 'Sachchidananda Parabrahman' has been prefixed to Paratpar Guru (Dr) Athavale's Name. Even if this be so, seekers have earlier (and continue today too) addressed Him as 'Param Pujya' [or His Holiness] and 'Paratpar Guru' in their writings. We have retained the way He has been addressed by the seekers.

**Sanatan's Text in the series on 'Ayurveda' for healthy life
Diseases of the Nervous System**

Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality
2. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 128 seekers have become Saints and 1,040 seekers are progressing towards Sainthood as of 26.07.2024.
3. Unique creation of Spiritual texts on various topics
4. Founder-Editor of Hindu Periodical 'Sanatan Prabhat'
5. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)
6. Uniting Saints, Sects, devout Hindus, patriots and social workers and providing spiritual guidance to them
7. Honoured at the French Senate with 'Bharat Gaurav Award' for His exceptional contribution to the global spread of Indian culture and civilisation (5.6.2024)

(For complete introduction, visit - www.Sanatan.org)



Assurance of Sachchidananda Parabrahman (Dr) Athavale to seekers

*The gross body has limitations of time and space
How can I be with everyone, at all times
Sanatan dharma is my eternal form
In this form I always exist everywhere*

Jayant Balaji Athavale

17.5.1996



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**Clarification on prefixing titles
to the Names of Sachchidananda
Parabrahman (Dr) Athavale's Spiritual Heirs**

As per the instructions of Saptarshis through the medium of Jeevanadipatti Reading on 13.5.2020, the title 'Shrisatshakti' has been prefixed to Sadguru (Mrs) Binda Singbal's Name and 'Shrichitshakti' has been prefixed to Sadguru (Mrs) Anjali Gadgil's Name. Therefore in the writings before 13.5.2020, these titles have not been prefixed to their Names.



Generally, first-aid is the primary treatment provided to the victim/patient with the available resources till appropriate medical assistance becomes available. Present hectic living has adversely affected health, increasing the incidence of serious diseases like heart disease; due to the use of modern machinery accidents are on the rise and considering the forthcoming World War III, natural calamities, riots, etc., it has become imperative for every wise citizen to receive First-aid Training as their duty towards society and the Nation. In situations such as loss of consciousness due to drowning, a sudden heart attack, etc. the time till medical help is received is very crucial. Appropriate First-aid received in the first few minutes can bring the victim back from the clutches of death. This Text has been published taking this into account.

This series has been divided into three parts. For the readers to understand what the other two parts include, a brief index of these parts has been given at the end of this Text. It is important for readers to keep 'Part I' handy because this includes points on 'Qualities essential and the behaviour of the individual who provides First-aid', 'What should be the contents of the First-aid box?', 'General instructions for the one who provides First-aid', 'How to conduct the basic diagnosis of the victim's condition and how to actually diagnose?', etc. This information is not provided in 'Part 2 and 3', as its inclusion will increase the number of pages.

This Text discusses the life-saving first-aid technique 'AB-CABS'. From the Year 2010, this technique is being used throughout the world. (Before this, the ABC technique,



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known as DRSABCD, was being used.) Due to its inclusion, information on First-aid in this Text has become updated.

Some symptoms of related diseases have also been mentioned in the Text. The word 'symptoms' has been used here with two meanings - the complaints of the victim/patient and the signs observed when examining him. Readers should note that all the symptoms of a particular disease described in this Text may not be noticed in a victim. 'First-aid Training' should be taken from an expert in this field. The description in this Text will be useful to those who receive this training. More than 140 images have been provided in all the three parts of this Text. This will help the individual who is providing first-aid to understand and practically implement them. Along with the basic theoretical information in brief, this Text also provides the measures to be taken to prevent the associated diseases or untimely mishaps. We pray at the Holy feet of Shri Guru that on reading this Text series and receiving First-aid Training, may every responsible citizen become a good first-aid, and in the forthcoming World War times, may every household become a 'First-aid centre' dedicated to serving the society and the Nation. - **Compiler**

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Sanatan's Text useful for the Adverse times

Acupressure therapy for common ailments

This Text is a guide on Acupressure therapy for common day-to-day physical ailments such as headache, fever etc. Besides, pressure-points to be pressed every day for leading a healthy life have also been mentioned.